



RECREATION DEPARTMENT

The Heart of the Neighborhood

www.chulavista.ca.gov/rec

270 F Street • (619) 691-5086



Norman Park Center November & December 2010

Tuesday, November 2 - Gubernatorial Election

Don't forget to exercise your right to vote the first Tuesday in November. Polls open at 7:00 AM and close at 8:00 PM. The County of San Diego Registrar of Voters is still in need of volunteers. For information on how to volunteer, please contact (858) 565-5800.

Friday, December 3 - Holiday Brunch at 11:00 AM

Please help us celebrate the holidays, and join us for brunch. Enjoy Special music, good food, and good friends. Center staff will be serving guests. This event, in part, is sponsored by the CV Senior Club. Buy your ticket early, space is limited.

Cost: \$3.00 presale \$4.00 at the door if available

CV Senior Club

Thursday, November 4 - Tea Dance "Sundance Trio"

The Tea Dance, hosted 1:00-3:30 PM, will feature the "Sundance Trio On Stage!!!" The group offers a versatile combo music from the 30's, 40's 50's and to now. Free parking garage behind Marie Calendar's at Third Ave and F St. Refreshments & prizes provided.

Cost: \$5.00 for all

Thursday, December 2 - Tea Dance "Four Plus Two"

The Tea Dance, hosted 1:00-3:30 PM, will feature the "Four Plus Two" and your dancing pleasure. Free parking garage behind Marie Calendar's at Third Ave and F St. Refreshments & prizes provided.

Cost: \$5.00 for all

Unity Committee

Is a new group created to develop solutions to keep the center open. Meetings are Monday & Friday at 12:00 PM. Call Gloria Escalera 737-9831 or MaryAnne Wurfell 422-4392 for more information.



Special Notices

Volunteer Meeting

**Thursday, November 18 &
Thursday, December 16**

Meetings start at 10:00 AM.
These meetings are for all center
volunteers. Many updates will be
presented as well as additional
training opportunities.
Refreshments will be provided.

English Class

Fridays 1:00 PM

Join this class on Friday
afternoons to improve or to begin
using the English language. Evelyn
Page is a wonderful instructor and
the group has a fun time learning.

Country Line Dance

**Tuesdays,
9:45 AM Advanced
10:45 AM Beginners**

Come learn Country Line Dance.
It's a great way to exercise and
socialize. Fee: \$3.00 Residents &
\$3.75 Non-Residents

Ballroom Dance

Mondays 1:00 PM

The ballroom dance class is
looking for more members!
Come enjoy this group with our
instructor Galina. She has been
teaching at Norman Park for eight
years. Dancing will keep you
mentally and physically sharp as
well as improving balance and
flexibility. Fee: \$2.00 Residents &
\$2.50 Non-Residents

Senior Center Tour & Orientation

Thursday, November 18 & December 9 11:00 AM

Learn about all the activities and services available at Norman Park and
enjoy a guided tour of our facility. Meet in the conference room next
to the main office.

Writer's Group

Come to our Writer's Group that meets every Tuesday at 2:00 PM
and sharpen your story-telling talent. Talk about your school days or
talk about yourself. You will be amazed at the fact that, underneath,
we are all the same and we are all different too. Come and find out.
We're waiting for you.

Casual Crafters

Wednesdays 9:30 AM

Join this crafting group and make items to donate to the Veterans
Home and other assisted care facilities. Yarn donations are also
greatly appreciated. For more information, please contact Ana Carson
(619) 429-9656.

Tai Chi

Wednesdays 9:30-10:30 AM

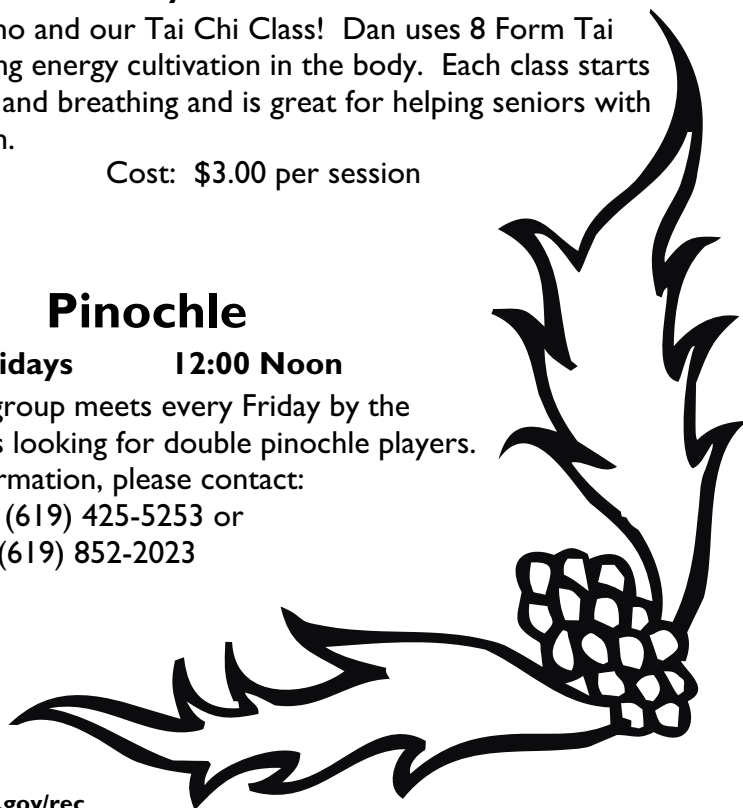
Join Dan Mariano and our Tai Chi Class! Dan uses 8 Form Tai
Chi and Qi Gong energy cultivation in the body. Each class starts
with stretching and breathing and is great for helping seniors with
range of motion.

Cost: \$3.00 per session

Pinochle

Fridays 12:00 Noon

The pinochle group meets every Friday by the
fireplace and is looking for double pinochle players.
For more information, please contact:
Jan Roberts at (619) 425-5253 or
Gert Clark at (619) 852-2023



Special Notices

Above & Beyond

Meet Arnold Musolf

Arnold was born in Chicago, Illinois and moved to Chula Vista in 1972. Before retiring in 1992, he worked for 35 years as a fluid mechanics research engineer for the Navy on Point Loma. Arnold currently is a volunteer teacher in the SeniorTech computer lab located on the 2nd floor of Norman Park. He finds it stimulating to meet such active people from a wide variety of backgrounds. It is very rewarding for him to see the youthful enthusiasm with his computer students.

Senior Center Tour & Orientation

Thursday, November 18 & December 9 11:00 AM

Learn about all the activities and services available at Norman Park and enjoy a guided tour of our facility. Meet in the conference room next to the main office.

Men's Group Lunch

Tuesday, November 9 at 12:15 PM

Tuesday, December 14 at 12:15 PM

The Men's Group will discuss men's health and social issues. This is led by Dr. Michael Rosenblatt. Lunch will be served. Please register for this monthly activity by call 691-5086. The physician is provided by Scripps Health.

Women's Wellness Center

The Women's Wellness Center offers services at Norman Park on the 2nd floor. This non-profit organization offers assistance for both women and men to prevent or help alleviate chronic health conditions such as arthritis, diabetes, lupus, depression, and cancer. Please call (619) 425-5927 for more information.

Center Closures

Norman Park Center will be closed on Thursday, November 11 in observance of Veteran's Day. It will be closed November 25 & 26 in observance of Thanksgiving. Furlough closure will be from December 18 to January 2.

Parkinson's Disease Support Group

Every First Tuesday at 10:00 AM

A Parkinson's support group meets every Tuesday in the Norman Park Conference Room. For more information, please call Flora at (619) 420-0076.

Health Insurance Counseling & Advocacy Program HICAP

Free Medicare and health counseling available at Norman Park. Call 1-800-434-0222 for an appointment.

Out 2 Lunch Bunch

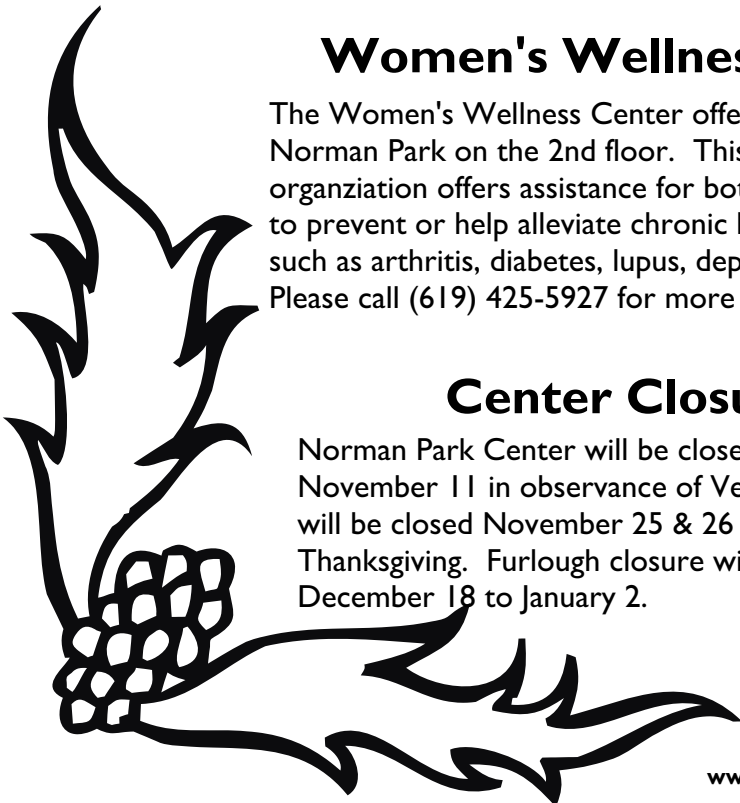
Wednesday, November 10

Wednesday, December 8

The Out 2 Lunch Bunch meets at 1:15 PM at the predesignated restaurants. This group emphasizes making new friends and socializing. Everyone pays for their own lunch. November 10, the group will have lunch at Marie Callender's, 330 F St. December 8, the group will have lunch at Black Angus, 707 E St.

Movie Time

You may have noticed that there are no movies scheduled for the first Fridays of November and December. This is due to conflicting schedules with other special events. Movie time will return on January 7, 2011.





CITY OF
CHULA VISTA

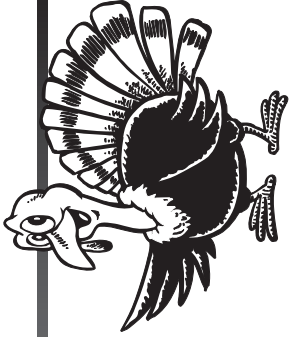


RECREATION DEPARTMENT

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NORMAN PARK



November 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 6:00 Public Office Hours with Deputy Mayor Rudy Ramirez	2 10:00 Parkinson's Support Group	3	4 1:00 Tea Dance 6:00 Coin Club Rm 9, 10 7:00 SOBARS Rm 11	5 No movie due to set-up for Starlight Auxiliary Center Bazaar	6 9:00 AM - 4:00 PM Starlight Center Auxiliary Bazaar
7 10:00 AM - 3:00 PM Starlight Center Auxiliary Bazaar	8 10:00 Health Talk Rm 10	9 12:15 Men's Group Lunch Rm 7 12:45 Investment Group	10 12:00 Club Amistad Rm 9-11 1:15 Out to Lunch Bunch	11 CLOSED In observance of Veteran's Day	12 11:00 American Korean Group Rm 9, 10	13
14	15	16 12:30 La Ronda	17 12:30 AARP Driver's Safety Class	18 8:00 Vision Group 10:00 Volunteer Mtg 11:00 Senior Club Board Mtg 12:00 Garden Club	19 12:30 AARP Driver's Safety Class	20
21	22	23 1:00 Sing-A-Long Fireplace	24 12:00 CV Art Guild Rm 9, 10	25 CLOSED In Observance of Thanksgiving Holiday	26 CLOSED In Observance of Thanksgiving Holiday	27
28	29	30				

The Fitness Center located at the Norman Park Center hours open are generally:

Mondays: 10:30 AM - 2:00 PM & 5:00 - 7:00 PM

Tuesdays: 8:00 - 11:30 AM & 5:00 - 7:00 PM

Wednesdays: 10:30 AM - 2:00 PM & 5:00 - 7:00 PM

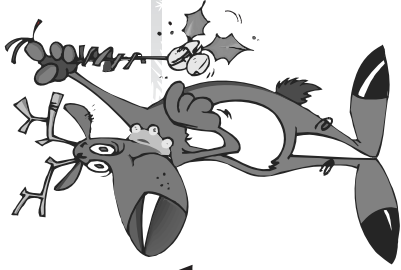
Thursdays: 8:00 - 11:30 AM & 5:00 - 7:00 PM

Fridays: 10:30 AM - 2:00 PM

Saturdays: 8:30 - 11:00 AM



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NORMAN PARK

DECEMBER 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 1:00 Tea Dance 6:00 Coin Club Rm 9, 10 7:00 SOBARS Rm 11	2 11:00 Holiday Brunch	3	4
5	6	7	8 12:00 Club Amistad Rm 9-11 1:15 Out to Lunch Bunch	9 12:00 CV Senior Club Birthday Party	10 11:00 American Korean Group Rm 9, 10	11
12	13 10:00 Health Talk Rm 10	14 12:15 Men's Group Lunch Rm 7 12:45 Investment Group	15 12:30 AARP Driver's Safety Class	16 8:00 Vision Group 10:00 Volunteer Mtg 11:00 Senior Club Board Mtg 12:00 Garden Club	17 12:30 AARP Driver's Safety Class	18
19	20 Building CLOSED for Furlough Fitness Center Open	21 Building CLOSED for Furlough Fitness Center Open	22 Building CLOSED for Furlough Fitness Center Open	23 Building CLOSED for Furlough Fitness Center Open	24 Building & Fitness Center CLOSED	25 Building & Fitness Center CLOSED
26	27 Building CLOSED for Furlough Fitness Center Open	28 Building CLOSED for Furlough Fitness Center Open	29 Building CLOSED for Furlough Fitness Center Open	30 Building CLOSED for Furlough Fitness Center Open	31 Building & Fitness Center CLOSED	

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Wednesdays: 10:30 AM - 2:00 PM & 5:00 - 7:00 PM

Thursdays: 8:00 - 11:30 AM & 5:00 - 7:00 PM

Fridays: 10:30 AM - 2:00 PM

Saturdays: 8:30 - 11:00 AM

Health & Safety

Fitness Center

The fitness center is staffed with certified fitness trainers and has treadmills, elliptical cross trainers, bicycles, strength equipment, free weights, balls and bands. Trainers will instruct on how to use all equipment and will design personal training programs as part of your membership.

Membership and equipment orientation is required to use the fitness center.

October, November, December:
\$28 Resident & \$56 Non-Resident

December ONLY: \$10 Residents

For fitness center hours, see the middle inserts of the monthly calendars November & December.

Anna's Wellness Column

The holiday season is upon us and it can sometimes become overwhelming, trying to do too much in a relatively short period of time. We may find ourselves rushing around and becoming frenzied with expectations of ourselves and all the things we think we should do before the year ends.

Now is the perfect time to sit back, relax and reflect on our own personal accomplishments. We should not rely on anyone else to give us kudos for all that we do. We should keep ourselves dear to our own heart and appreciate our own personal strengths and uniqueness.

Feeling blessed and thankful for all that we have in life and wanting to share that feeling with others we care about is truly the spirit of the season. But being conscious of our own successes can lead to a joyfulness that can last year-round.

Scripps Health Talks

Presented by the Scripps Family Residency Program Refreshments are served. Please register in advance.

Monday, November 8 at 10:00 AM, "Stroke ~ Signs & Symptoms"

Monday, December 13 at 10:00 AM, "Holidays the Healthy Way"

CV Senior Club News

Birthday Party

Thursday, December 9 at 12 PM

Join us for our birthday celebration. Cake and ice cream will be served. November and December birthday folk are free. all others pay \$1.00

Tuesday Night Dance

Tuesdays at 6:30 PM

\$5.00 at the door. Join this great group for music and dancing on the following dates: Nov. 2, Nov. 9, Nov. 16, Nov. 23, Nov. 30, Dec. 7 and Dec. 14

Open Nominations

If you would like to serve on our Senior Club Board, please contact one of the present officers or leave your name with one of the hostesses. It's fun and rewarding. Elections will be held after the new year.

Trip Program

The Club has arranged with Day Trippers Tours to book through us at Norman Park. The office is open Monday, Tuesday, and Thursday, 10:00 AM - 2:00 PM Upcoming trips are "Follies are Forever," "Radio City Rockettes," and "Christmas through the Ages." For more information call 476-5356.



Daily Events

Group	Day	Time
Art - Watercolors*	Mon	9:00 AM
Bereavement	Thurs	1:00 PM
Blood Pressure	Fri	8:30 AM
Bridge - Chicago	Mon & Fri	12:00 PM
Bridge - Duplicate	Wed	12:30 PM
Bridge - Round Robin	Thurs	12:00 PM
Casual Crafters	Wed	9:30 AM
Computer & Camera Club	Wed	1:00 PM
Computer Lab	Wed	12:00 PM
Computer Lab	Fri	10 AM-12 PM
Computer Lab	Fri	1:00 PM
Creative Writers	Tue	2:00 PM
Dance-Ballroom*	Mon	1:00 PM
Dance-Line/Advanced*	Tue	9:45 AM
Dance-Line/Beginner*	Tue	10:45 AM
Dance-Tuesday Night*	Tue	6:30 PM
ESL	Fri	1:00 PM
Exercise*	Mon-Thurs	8:00 AM

Group	Day	Time
Exercise*	Wed	6:00 PM
Exercise-Longevity Stick	Tue/Thurs	9:00 AM
Guitar*	Tue	12:00 PM
Pinochle	Fri	12:00 PM
Quilting	Tue	1:30 PM
Scrabble	M, W, F	12:30 PM
Shuffleboard	Tue/Thurs	9:00 AM
Singing Seniors	Tue	1:30 PM
Spanish	Wed/Fri	9:45 AM
Spanish Conversation	M, W, F	10:00 AM
Tai Chi*	Wed	9:30 AM
TOPS	Fri	1:00 PM
Ukulele Class	Tue	10:00 AM
World Affairs	Mon	10:00 AM
Yoga (Chair)*	Wed	7:15 PM
Yoga*	Thurs	5:00 PM
Yoga*	Fri	8:00 AM

*These classes have a fee requirement

AARP Driver Safety Program	November 18 & 20	Wednesday & Friday	December 17 & 19	Wednesday & Friday
Call to Register (619) 641-7020	12:30 - 4:30 PM	Cost: \$14	12:30 - 4:30 PM	Cost: \$14

Computer Classes

Senior Tech

Senior Tech Membership: 10/Year

Class Fee: (all four weeks)

\$22 Residents & \$28 Non-Residents

Intro to Computers

Mondays, 1:00 - 4:00 PM

January 3, 10, 24, & 31

Intro to Internet

Wednesdays, 9:00 AM - 12:00 Noon

January 5, 12, 19, & 26

Intro to Email

Tuesdays, 9:00 AM - 12 Noon

January 4, 11, 18, & 25

Digital Photos "n" Stuff

Thursdays, 1:00 - 4:00 PM

January 6, 13, 29, & 27

Center Operations

Senior Services Supervisors

Frank Carson, Recreation Supervisor III
Carmel Wilson, Recreation Supervisor II

Hours of Operation*

Monday - Friday 8:00 AM - 4:00 PM
270 F St. (619) 691-5086

Senior Services Staff

Jim Craig	Michelle Greer
Shani Crawley	Kristen Johnson
Terris Lerma	Frank Martinez
Adolfo Herrera	Danette Myers
Mike Domingo	Anna Solis

Fitness Center Hours*

Morning Hours:

Monday, Wednesday, Friday	10:30 AM - 2:00 PM
Tuesday & Thursday	8:00 - 11:30 AM

Evening & Saturday Hours:

Monday - Thursday	5:00 - 7:00 PM
Saturday	8:30 - 11:00 AM

Phone Numbers:

Receptionist:	691-5086
Hostess Desk:	691-5023
Trip Office:	476-5356
Information & Referral:	691-5087

Free orientations Monday - Friday at 11:00 AM,
Monday - Thursday at 5:30 PM and Saturday at 9:30 AM
Pre-registration for orientation is recommended.



Recreation Department
Norman Park Senior Center
270 "F" Street
Chula Vista, CA 91910